The cause of Stress

Stress is something which many of us face in our lives, sometimes even on a daily basis. The stress that is felt can be the result of work-related issues or ones which fall closer to home. No matter what the cause, stress is a normal condition which will occur from time to time. Stress can range in severity. If one experiences moderate stress in their life, they may just wish to deal with the stress as they know it is only temporary and will go away on its own. Stress is the emotional and physical strain caused by our response to pressure from the outside world. Common stress reactions include tension, irritability, inability to concentrate, and a variety of physical symptoms that include headache and a fast heartbeat. It’s almost impossible to live without some stress.

However, Just about anything can create stress in our lives. Most of us recognize distress, one of the two types. Sleep deprivation, divorce, financial worries, health problems, and losing a job are all familiar types of distress. The second kind of stress, eustress, is one that we may not recognize so readily. It accompanies peak moments in our lives: weddings, births, graduations, and accomplishing something for which we have worked hard. Our bodies respond in the exact same way to both types of stress. When we meet with stressors, our bodies go into "fight or flight" mode. Angry, confrontational people are also more likely to have problems with stress.

The potential causes of stress are numerous and highly individual. What we consider stressful depends on many factors, including your personality, general outlook on life, problem-solving abilities, and social support system. Something that's stressful to me may not faze someone else, or they may even enjoy it. For example, your morning commute may make you anxious and tense because you worry that traffic will make you late. Others, however, may find the trip relaxing because they allow more than enough time and enjoy listening to music while they drive. The pressures and demands that cause stress are known as stressors. We usually think of stressors as being negative, such as an exhausting work schedule or a rocky relationship. However, anything that forces us to adjust can be a stressor. This includes positive events such as getting married or receiving a promotion. Regardless of whether an event is good or bad, if the adjustment it requires strains our coping skills and adaptive resources, the end result is stress.

Third, when considering the state of today’s economy, people are experiencing higher levels of stress than ever before. Inflation, falling house prices (making home owners' properties a nightmare to sell), the declining environment, and the economy are just a few current issues to mention, that are adding to people’s general worries. Furthermore with relationship and communication breakdowns, it’s no wonder why people feel that they cannot cope with their everyday lives any more. Another reason for the cause of stress is that people are having a big finical problem and cannot afford to pay for their mortgages, credit card and with all that beyond the banks are settling for the worse. With the cost of living increasing, many people have to find alternative sources of income in order to provide for their families. This includes taking on second and third jobs, and placing children into childcare in order to maximize household income.

Furthermore, living in an uncertain economy with falling house prices is great for the buyer, however not so great for the home owner. Those looking to move home, due to various reasons, including providing extra space for their extending families, have to stay put and deal with this added stress. The thought of house prices rising out of a home owner’s control generates a considerable amount of stress.

Work Cited Page

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